

Outdoor Summer Swim & Diving Lessons

Join the Park Center's Swimming & Water Safety Program!

Our goal is to teach children safe practices and swimming skills in, on and around water, while having fun. All lessons are taught by certified American Red Cross Water Safety Instructors and include 8-thirty minute lessons. In order to improve the quality and effectiveness of Swim Lessons participants should be registered for the appropriate level according to their swimming skills.

Ages: 6 months - Adult

Cost: Resident/Non-Resident: \$30/\$35

Monday-Thursday Mornings

Session Dates

- 1 June 9 - 19 (Registration Dates: May 1, 5am - **Deadline June 6**)
- 2 June 23 - July 3 (Registration Dates: June 13, 5am - **Deadline June 20**)
- 3 July 7 - 17 (Registration Dates: June 27, 5am - **Deadline July 4**)
- 4* July 21 - 31 (Registration Dates: July 11, 5am - **Deadline July 18**)
No class July 24 1st week will run M,T,W,F
- 5 August 4 - 14 (Registration Dates: July 25, 5am - **Deadline August 1**)



Swim Lesson Level Chart

Guppies: (6 months-4 years, Parent/Tot)

No water experience necessary; swim diaper and plastic pant is required for participants under 3 years.

Must be 3 to participate in Levels 1-6

Starfish (Level 1): Child has limited or no water experience.

Jellyfish (Level 2): Child is able to perform all listed: Submerge to mouth and blow bubbles. Float on front/back (w/ assistance) and recover to standing position.

Seahorses (Level 3): Child is able to perform all listed: Submerge completely, Jump into water over head without assistance, knows basic arm and leg actions for Freestyle, Backstroke, and Elementary Backstroke.

Sea Rays (Level 4): Child is able to perform all listed without assistance:

Glide on front/back 2 body lengths Float on front/back for 5 seconds.

Perform Freestyle w/ side breathing, Backstroke, and Elementary Backstroke for 2 body lengths.

Sharks (Level 5): Child is able to perform all listed without assistance:

Swim 15 yards Freestyle w/ side breathing, Backstroke, and Elementary Backstroke. Float on front/back for 15 seconds, Tread water for 1 minute.

Dolphins (Level 6): Child is able to perform all listed:

Swim 25 yards Freestyle w/ side breathing, Backstroke, Elementary Backstroke, Swim 15 yards Breaststroke.

Tread water for 2 minutes, Float on front/back for 30 seconds.

Adult Beginning: Participant has limited or no water experience.

Adult Intermediate: Participant has some water experience, comfortable in deep water and has basic stroke knowledge.

Diving Lessons

Monday –Thursday Mornings

Learn the basics of diving safety and skills including the approach, tuck and pike dives.

Beginning Diving

Ages 7-12

9:10 - 9:40 am

9:45 - 10:15 am

Level 4 swimming skills are required to take this course.

Intermediate Diving

Ages 9-15

10:20-10:50 am

Completion of Beginning Diving is required to take this course.



Murray City Outdoor Summer Swim/Diving Lesson Registration Form



Participant's Name _____
 Age _____ Male or Female Birthdate _____ Grade _____ School _____
 Address _____ City _____ Zip _____
 Parent/Guardian Name _____ Home Phone _____
 E-mail _____ Work Phone _____
 Emergency Contact _____ Relation _____ Phone Number _____
 Cost (per participant, per Session) Member/Resident \$30 Non-Resident \$35

Has participant taken Swim Lessons before? No _____ Yes _____ Last Level Completed _____

Session number: _____ Time: _____ Level: _____ Preferred Instructor: _____

Class levels maybe combined to fill classes.

There will not be scheduled make-up lessons for missed classes including rain-outs!

Registrations will not be accepted after the deadline.

Refunds will not be given after first day of class.



Monday-Thursday Mornings

Session Dates

1. **June 9-19** (Deadline June 6)
2. **June 23-July 3** (Deadline June 20)
3. **July 7-17** (Deadline July 4)
4. **July 21-31** (Deadline July 18) (NO CLASS JULY 24)
5. **August 4-14** (Deadline August 1)

9:10-9:40 AM	9:45-10:15 AM	10:20-10:50 AM
Guppies	Guppies	Guppies
All Levels	All Levels	All Levels
Beginning Diving (Ages 7-12)	Beginning Diving (Ages 7-12)	Intermediate Diving (Ages 9-15)



Does the participant have any limitations? No/Yes If yes, please explain: _____

I have received and signed the Murray City concussion policy: Yes _____ No _____

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages, for death, personal injury, or property damage which I, as the participant, (or my child) may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, and agree to all of their terms and conditions.

Signature of Parent/Guardian

Date

Office Use Only
 Paid \$ _____
 CASH CHECK VISA
 DISC AMEX MC
 Date _____ Staff _____

